



The Office of Women's Health and the  
Los Angeles Alliance for Community Health and Aging  
invite you to attend a Community Dialogue:

## ***Mind, Body, Spirit: Integrating Behavioral and Physical Health***

Monday, April 6, 2015

8:30 AM – 12:30 PM

The California Endowment

1000 N. Alameda St., Los Angeles, CA 90012

**Join us as we explore the intersection of behavioral  
and physical health throughout the lifespan**

**Please RSVP by 3/13/15**

Register at [https://www.surveymonkey.com/r/Mind\\_Body\\_Spirit\\_4\\_6\\_2015](https://www.surveymonkey.com/r/Mind_Body_Spirit_4_6_2015)

Continuing Education hours for RNs and CHES/MCHES are pending

Questions? Email Denise: [dpacheco@ph.lacounty.gov](mailto:dpacheco@ph.lacounty.gov)

Hosted by the LA County Department of Public Health – Office of Women's Health and the Los Angeles Alliance for Community Health and Aging Steering Committee: City of LA Department of Aging, LA County Department of Community and Senior Services, LA County Department of Mental Health, and Partners in Care Foundation.

*Sponsored by the Los Angeles County Commission for Women and the Archstone Foundation.*



# LOS ANGELES ALLIANCE FOR COMMUNITY HEALTH & AGING



## Background

Los Angeles has a rich history, locally and nationally, in the development and growth of effective health and chronic disease self-management education programs. Over the last several years, many community leaders and organizations representing health care, older adults, persons with disabilities, academia, and public agencies have come together to explore and identify opportunities to align, leverage resources, and expand the reach of these programs as interest and awareness continue to grow.

## Goal

To improve population health in the Los Angeles region by making proven and effective health and chronic disease self-management education programs more accessible to our diverse population, with the intention of a robust community-wide impact.

Initial activities of the network are to:

- ▶ Collaborate and plan strategically for the growth of evidence-based programs in Los Angeles;
- ▶ Increase accessibility;
- ▶ Inventory local evidence-based programs and activities;
- ▶ Coordinate efforts in the County and develop a regional plan;
- ▶ Increase the diversity of partners and communities offering evidence-based programs;
- ▶ Increase participation in the programs by people with disabilities, multiple chronic conditions, limited and non-English speakers, veterans, and Native Americans.

## Where can I get more information?

Please visit [www.cahealthierliving.org](http://www.cahealthierliving.org) for information on evidence-based health promotion programs, and the Los Angeles County page for information on LAACHA and a list of upcoming Evidence-Based Workshops and Leader Trainings in the Los Angeles area.

To become a member of LAACHA, learn more, and to post your workshops or trainings on this website, please contact [LAACHA@picf.org](mailto:LAACHA@picf.org). You can also call **[818] 837-3775x199** and ask for more information on the Los Angeles Alliance for Community Health and Aging.



# LOS ANGELES ALLIANCE FOR COMMUNITY HEALTH & AGING



**Join us in Promoting Healthy Aging in Los Angeles!**

## **What is the Los Angeles Alliance for Community Health and Aging (LAACHA)?**

A strategic alliance to increase the reach of effective, evidence-based community health interventions that address chronic diseases, self-management, caregiving, and fall prevention.

## **What are the benefits of joining?**

You'll join forces with other leaders to develop and sustain evidence-based health promotion programs that will meet the diverse needs of older adults in your community.

You'll also gain access to:

- ▶ Pooled resources (trainings, funding opportunities, workshop materials) to reduce the cost of program implementation
- ▶ A web portal to post your workshops & increase referrals
- ▶ Strategies addressing the multicultural needs of your clientele
- ▶ Partners who can host evidence-based workshops in your community
- ▶ Trained evidence-based facilitators in a multitude of programs
- ▶ Improved fidelity of programs to ensure safe dissemination
- ▶ Advertising and shared media opportunities
- ▶ Learning & identifying best practices
- ▶ & much more!

## How Can I Join



Complete the Membership form and send it to:

[LAACHA@picf.org](mailto:LAACHA@picf.org) or via fax to (818) 837-3799

You can also call (818) 837-3775x199 for more information and/or to join.

